



KIT CONTENTS

Shipping Materials:

- 1 x Shipment box containing the collection kit (*Please keep this box for returning your samples*)
- 1 x Test order form
- 1 x Polythene bag for shipping the samples back to the laboratory
- 1 x DHL waybill

Collection Materials:

- 1 x Red/grey capped serum separator tube (SST)
- 1 x Red capped amber transfer tube
- 1 x Pipette
- 1 x Bio hazard bag
- 1 x Absorbent pad
- 1 x Plastic tube holder

PREPARATIONS

Unpack and verify the kit contents

- **IMPORTANT:** Write name, date, and collection time in the Collection Materials section on vials, prior to collecting the samples.

On the test order form:

- Verify that the name and date of birth are correct.
- Write the date and times of each collection.
- Write any medication or supplements currently being taken.

Wash and dry hands with a clean towel.

DRAW

Blood draw procedure - for professional use only.

Information for the doctor or phlebotomist on how to take the sample:

1. Write patient's first and last name, date of birth, gender, and date of collection on the Test Order Form as well as on all tube(s) and/or vial(s) using a permanent marker.
IMPORTANT: To ensure accurate test results you must provide the requested information.
2. Draw 8.5 ml. of venous blood into SST.
3. Let the tube stand at room temperature for a minimum of 15 minutes to activate the clotting mechanism.
4. Place the tube in centrifuge and spin for 12-20 minutes.
5. Transfer serum to the amber transfer tube using the disposable pipette.
6. Place the amber transfer tube into the plastic tube holder and put inside bio-hazard bag.
7. Place sample into the cardboard shipment box.
8. Sample is now ready to ship.

**NOTE: 1ml of serum = 8 IgE
2ml of serum per IgG panel**

SHIPPING PREPARATION

- Place the completed test order form and the re-sealable plastic bag(s) containing the collected samples into the supplied shipment box.
- Remember to write on the test form: the date, times of collection, and any medication or supplements being taken.
- *The test kit must not be sent on Thursday or Friday as we are closed over the weekend.*

SHIPPING

Please ship with DHL.

To book your shipment, follow the steps below. The airway bill supplied with your kit has all the required information on it.

1. Phone DHL:
 - Please find the local number by going on the DHL website, www.dhl.com.
2. Arrange for a collection from a convenient address, e.g. home or work.
3. You will be asked to provide the “**address of the receiver**”. This is pre-filled on the airway bill supplied with your kit. The address is:
 - Nordic Laboratories, Nygade 6, 3.sal, 1164 Copenhagen, Denmark. Tel: +45 33 75 10 00
4. You will be asked who will pay for the shipment. Answer “**Nordic Laboratories**” and provide the following account: **968 083 329**. Do NOT pay anything to DHL yourself.
5. When asked which delivery option please answer “**Express Worldwide**”. This service is ideal for your sample. No other delivery option is necessary, even if DHL suggests so*.
6. Provide the weight as **0.5kg**. If asked for dimensions, say you do not have them.
7. If requested, the package contents should be declared *only* as “**Exempt Human Specimen**”.
8. You will need to give DHL a pick up time. The window of time they require differs from country to country and region to region. Normally it is between 2 and 4 hours. Someone will need to be present when DHL arrives.
9. Keep a note of the reference number DHL gives you for the pickup.
10. When DHL arrives, give them the airway bill, which they will sign and give you a copy of.
11. On the top of the airway bill is an 8-digit number. You can track your shipment on the DHL website, www.dhl.com, using this number.

If you have any questions, please email Nordic Laboratories at info@nordic-labs.com.

****Please note that in the event of any other DHL delivery option (such as ‘Express 9am’, or ‘Express 12pm’) being selected a £50 surcharge will be added to your invoice.***

Nordic Laboratories Aps

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